

### Growing vegies for a healthy life

#### A planting guide

| Vegetable        | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Remarks                                     |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|
| Artichoke (G)    |     |     |     |     |     |     | T   | T   | T   |     |     |     | Transplant suckers                          |
| Artichoke (J)    |     |     |     |     |     |     | T   | T   | T   |     |     |     | Transplant tubers                           |
| Asian vegetables | T   | T   |     |     |     |     |     |     |     |     | T   | T   | Plenty of water                             |
| Asparagus        |     |     |     |     |     |     | T   | T   | T   |     |     |     | Plant from crowns                           |
| Beans (Br)       |     |     | S   | S   | S   |     |     | S   |     |     |     |     | Well limed rich soil                        |
| Beans (Fr)       | S   |     |     |     |     |     |     |     |     | S   | S   | S   | Warm site only; small crops two weeks apart |
| Beetroot         | S   |     |     |     |     |     |     |     | S   | S   | S   | S   | Dislikes acid soil                          |
| Broccoli         | ST  |     |     |     |     |     |     | S   | S   | ST  | ST  | ST  | Deep rich soil                              |
| Brussels Sprout  | ST  | T   |     |     |     |     |     |     |     |     |     | ST  | Deep rich soil                              |
| Cabbage          | ST  | T   |     |     |     |     |     |     | S   | ST  | ST  | ST  | Deep rich soil                              |
| Cauliflower      | ST  | T   |     |     |     |     |     |     |     |     |     | ST  | Deep rich soil                              |
| Capsicum         | T   |     |     |     |     |     |     |     |     | T   | T   | T   | Very frost tender                           |
| Carrot           | S   |     |     |     |     |     |     |     |     | S   | S   | S   | Deep rich soil                              |
| Celery           |     |     |     |     |     |     |     |     | S   | ST  | ST  | T   | Deep rich soil                              |
| Chilli           | T   | T   |     |     |     |     |     |     |     |     | T   | T   | Feed once flowering starts                  |
| Chives           |     |     |     | T   | T   | T   | T   | T   |     |     |     |     |   |
| Cucumber         |     |     |     |     |     |     |     |     |     | S   | S   | ST  |   |
| Egg plant        | T   |     |     |     |     |     |     |     |     |     |     | T   |   |
| Leek             | S   | T   | T   |     |     |     |     |     | S   | S   | ST  | T   | Well limed rich soil                        |
| Lettuce          | ST  | ST  |     |     |     |     |     | ST  | ST  | ST  | ST  | ST  | Well limed rich soil                        |
| Marrow           |     |     |     |     |     |     |     |     |     | S   | S   | S   |   |
| Melon            |     |     |     |     |     |     |     |     |     | S   | S   | S   | Rich soil                                   |
| Onion            |     |     | S   | ST  | ST  | T   | T   | T   | T   |     |     |     | Well limed soil; feed with low nitrogen     |
| Parsnip          |     |     |     |     |     |     |     |     |     | S   | S   | S   | Deep rich soil                              |
| Peas             |     |     |     | S   | S   |     |     | S   | S   | S   | S   |     | Do best in new soil                         |
| Potato           | S   |     |     |     |     |     |     |     | S   | S   | S   | S   | No lime                                     |
| Pumpkin          |     |     |     |     |     |     |     |     |     | S   | S   |     |   |
| Radish           | S   | S   | S   |     |     |     |     |     | S   | S   | S   | S   | Quick repeat crops                          |
| Silver beet      | ST  | T   |     |     |     |     |     |     | S   | S   | S   | S   | Apply lime                                  |
| Spinach          | ST  | ST  |     |     |     |     |     |     | ST  | ST  | ST  | ST  |   |
| Squash           |     |     |     |     |     |     |     |     |     | S   | S   | S   | Plenty of water                             |
| Sweet corn       | S   |     |     |     |     |     |     |     |     | S   | S   | S   | Rich soil                                   |
| Tomato           |     |     |     |     |     |     |     |     |     | ST  | ST  | T   |   |
| Turnip           | S   | S   |     |     |     |     |     |     |     | S   | S   | S   | Small repeat crops                          |

Key: S = seeds T = Transplant seedlings / tubers / crowns

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